



Fun With Food and Fitness

First-grade nutrition education newsletter

Lesson **3**

Try, try again

To get a variety of vegetables for good health, choose a variety of colorful veggies each day.

Concerned your child doesn't like vegetables? Make eating veggies fun. The recipes and ideas in this newsletter will help. Remember, children learn by watching you. If they see you eat vegetables, they will, too! Other ideas for making eating veggies fun:

- Kids like to eat what they help prepare. Let them break lettuce leaves or stir ingredients.
- Kids like what they get to choose. Let them put together their own salads or tacos.
- Sometimes it takes 10 or more tries for your child to like a new food.
- Some like it raw. Some like it cooked. Find out how your child likes veggies served.



Let your kids be "produce-pickers." Help them pick veggies at the store.

What can you do to help your child choose a variety of vegetables?

- Want your kids to reach for a healthy snack? Make sure veggies are in reach. Have cut-up vegetables in the refrigerator for healthy snacking.
- At the store, ask your child to find all the red veggies, all the yellow veggies and all the green veggies.
- Children love to be involved in preparing food. Make this recipe together.

Kids in the Kitchen

With these recipes your child gets to practice skills like:

- washing vegetables
- dipping vegetables into dip

Recipe

Do the Veggie Dip

Ingredients:

- Vegetables cut into bite-size pieces for dipping such as carrots, broccoli, cauliflower, zucchini or cherry tomatoes, cut in half
- Low-fat or reduced fat ranch dressing
OR
- Mild salsa
OR
- Hummus

Directions:

1. Wash hands and surfaces.
2. Put all ingredients in serving bowls.
3. Have your child serve some of the vegetables and dips on a plate. Enjoy!
4. Refrigerate leftovers immediately.



Did you know...

If you get Food Stamps you can use them to buy seeds and plants for use in gardens. Children are more likely to eat veggies if they have grown them. For more information about using Food Stamps to buy seeds go to <http://dss.mo.gov/fsd/fstamp/>.



Move it!

Picking vegetables from the garden is one way to make family time, active time. Aerobic activity makes us use our arms and legs. Our hearts beat faster and we get a good workout, which is important for good health. Get moving: garden, walk or ride a bike. You and your child can spend quality time together while being physically activity.

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View videos to see how moms are helping their families eat healthier foods, get more information at http://www.fns.usda.gov/fns/corenutritionmessages/especially_for_moms_page.htm